

WHAT IS CLAIMED IS:

5 1. A portable lumbar support and abdominal exercise device, comprising:

 a frame having a base and first and second arms extending from opposite ends of the base, the first and second arms being adapted to accommodate a user's back to fit therebetween; and

10 an elastomeric resistance band extending between the first and second arms to provide lumbar support and abdominal exercise resistance to movement of the user's back towards the base of the frame.

 2. The device of claim 1, wherein the first and second arms extend at an angle with respect to the base.

15 3. The device of claim 1, wherein the elastomeric resistance band is attached to free ends of the first and second arms.

 4. The device of claim 1, wherein the base is generally planar and the first and second arms are collapsible relative to the base.

20 5. The device of claim 4, wherein the first and second arms are pivotally attached to the base.

25 6. The device of claim 5, including a stop associated with each of the arms to limit pivotal movement of each arm relative to the base.

 7. The device of claim 1, including a plurality elastomeric resistance bands extending between the first and second arms.

30 8. The device of claim 1, wherein the elastomeric resistance band is removably attached to the first and second arms.

9. The device of claim 7, including a notch formed on each arm and configured to removably accept an end of the elastomeric resistance band therein.

5 10. A portable lumbar support and abdominal exercise device, comprising:

 a frame having a base and first and second arms pivotally attached to opposite ends of the base, the first and second arms being adapted to accommodate a user's back to fit therebetween in an open position, and
10 collapsed in a closed position; and

 an elastomeric resistance band removably attached to the first and second arms to provide lumbar support and abdominal exercise resistance to movement of the user's back towards the base of the frame.

15 11. The device of claim 10, wherein the first and second arms extend at an angle with respect to the base.

 12. The device of claim 10, wherein the base is generally planar.

20 13. The device of claim 10, including a stop associated with each of the arms to limit pivotal movement of each arm relative to the base.

 14. The device of claim 10, including a plurality elastomeric resistance bands removably attached to the first and second arms.

25 15. The device of claim 10, including a notch formed on each arm and configured to removably accept an end of the elastomeric resistance band therein.

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16. A portable lumbar support and abdominal exercise device, comprising:

5 a frame having a generally planar base and first and second arms pivotally attached to opposite ends of the base so as to be collapsible relative to the base, the first and second arms being adapted to accommodate a user's back to fit therebetween when in an open and extended position;

a stop associated with each of the arms to limit pivotal movement of each arm relative to the base;

10 a plurality of elastomeric resistance bands extending between the first and second arms to provide lumbar support and abdominal exercise resistance to movement of the user's back towards the base of the frame.

17. The device of claim 16, wherein the elastomeric resistance band is removably attached to the first and second arms.

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18. The device of claim 16, including a notches formed on each arm and configured to removably accept an end of an elastomeric resistance band therein.